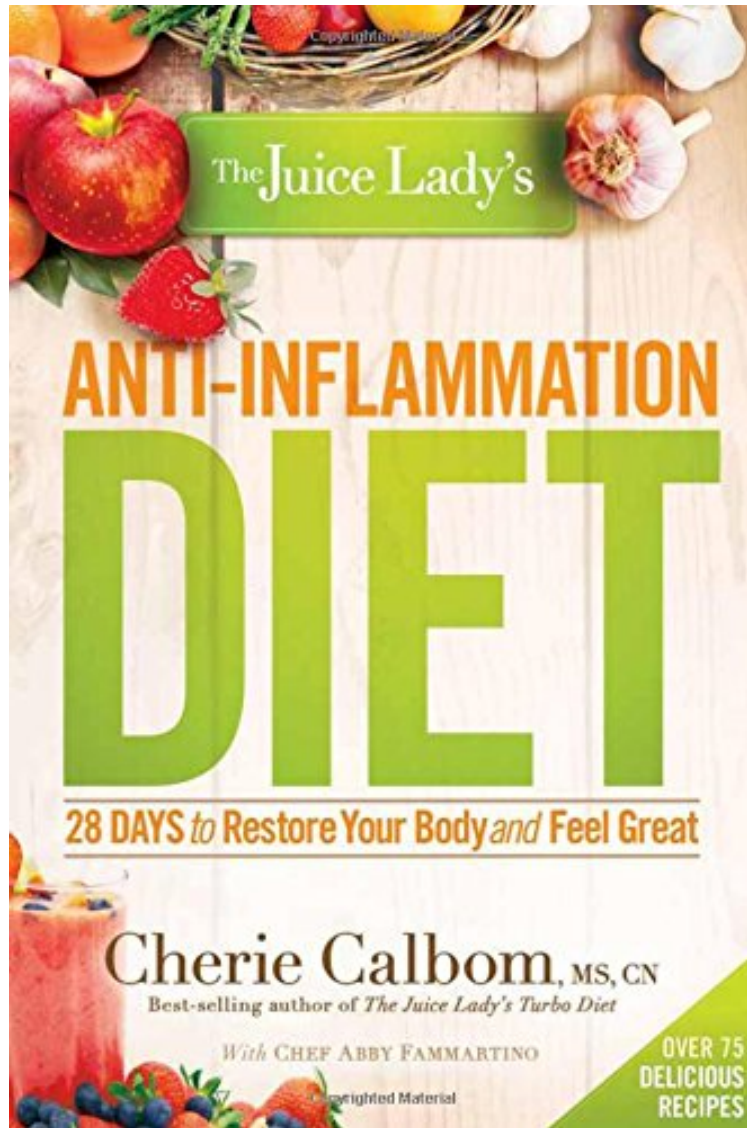


(Get free) The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great

The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great

Cherie Calbom MS CN
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Cherie Calbom MS CN : The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great:

55 of 56 people found the following review helpful. Never knew "good" food could be so delicious! By Kimber Scott I just love the recipes in this book. Each one I've tried, so far, is packed with so much flavor. They are extremely

satisfying and really don't feel like they belong in a book that says "diet" on the front. I've lost 7 pounds in less than two weeks and I never felt like I was dieting. In fact, I wasn't dieting. I bought this book, not with the idea of losing weight, but with the idea of feeling better. That I do, the weight loss is a bonus. My husband is a diabetic on an insulin pump. His sugar has been hovering around 98 all week. Amazing turnaround for him. He's been over 200 for a long time, even with the pump. Can't wait to see what his A1C is next time. Very happy we've started on this delicious path. I'm recommending this book to everyone I know. 43 of 43 people found the following review helpful. 28 Days to Restore Your Body and Feel Great by Cherie Calbom By Coco Given To Me For An Honest Review The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great by Cherie Calbom, MS, CN is a good book if you are in need of an anti-inflammation diet. This book has 4 week menu plans, with easy recipes in a 28 day program. It also comes with information on what foods are good to eat, which to avoid, and how to prepare them into great meals. There is also a two week shopping list with a daily shopping list and a check pantry list. The recipes that are included are delicious and not difficult to make. The instructions for the recipes are very easy to follow and you also will find some time saving tips. This is a great book to include in your kitchen. Not that you should do away with your nutritionist but you will now have one 24/7 in your home. I recommend this book to everyone, it would make a great addition to anyone's kitchen collection of cookbooks. I look for more from Cherie Calbom, MS, CN. 2 of 2 people found the following review helpful. FOR SWELL GUYS / GALSBY geezerguy Gets to the root of the problem of body-wide inflammation. Life is all about choices and Calbom presents excellent choices here. Lots of suggested recipes for accomplishing healthier goals.

Lose weight, increase your energy,

About the Author Cherie Calbom, MS, CN, is the author of twenty-six books,